

CALL 159
EMERGENCY
FRAUD
HOTLINE

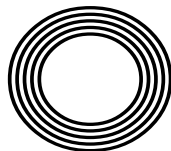
NATURAL
REMEDIES
for indigestion

MARKING 80 YEARS
since the Pearl Harbor attacks

Love your leftovers
Leftover Christmas pudding recipes

ADELE

Singing sensation makes her musical comeback



FREE

Photo credit: Columbia Records

YOUR ONE STOP SHOP FOR



Woodpecker 4 4.3 kW
Wood Burner **£1430 FITTED**



Newbourne 40FS 3-6KW
Multifuel Stove **£1750 FITTED**



Classic Eco 8
Multifuel **£1600 FITTED**



Bignut 5 Multifuel
Stove 5KW **£1600 FITTED**



ACR Ashdate 7KW
Multifuel Stove **£2050 FITTED**

PRICES INCLUDE: Pre-installation chimney sweep, wood burning or multifuel stove, matt flue pipe, register plate, stainless steel flexible liner, all connectors, bird guard cowl and plates, Carbon mono-oxide alarm

SecureFireplace

The Log Burners and Gas Stoves Specialists



Installation by a HETAS/OFTEC/GAS SAFE registered engineer, commissioned, tested and certificated. All fittings are HETAS Approved. All prices include VAT.



CALL 01702 910130
www.securefireplace.co.uk

SecureFireplace & Highgate Garden Furniture Showrooms:

FIREPLACES AND GARDEN FURNITURE



Life Nevada Garden Furniture Set



Life Ibiza Garden Furniture Set



Pandora Leaf Gazebo

WE OFFER THE **HIGH QUALITY** OUR CUSTOMERS EXPECT

Highgate is one of the largest garden furniture and leisure showrooms in Essex and we only work with brands that we trust. We have ample parking for our customers

HIGHGATE

Garden Furniture



CALL 01702 904000

www.highgatefurniture.co.uk | sales@highgatefurniture.co.uk

327 Southchurch Rd, Unit 8 Southchurch Bus. Pk, Southend-on-Sea, SS1 2PE



DECEMBER 2021

Editor's notes...



Nik Allen, Editor

Hello and welcome to this month's edition of **VISION** Leigh Thorpe Bay.

I will start by wishing you all a merry Christmas, and I pray it is a better one than last year.

Last December, we were told we could not visit our friends and family. Plans being cancelled at the last minute was a tough pill to swallow, especially after the challenges we faced in 2020. But hopefully this winter, we won't face any more lockdowns.

It's at this time of year that I always like to look back on the past 12 months, and for most of our clients, it's been a great recovery year.

We have all tried not to get too carried away, as 2020 taught us to be cautious. But as long as you have your health and the love of friends and family, I would say you have had a pretty good 2021.

In this month's edition, we feature Adele, who is making her musical comeback with her new album. We also report on the new emergency fraud hotline, 159, as well as marking 80 years since the Pearl Harbor attacks. Wishing you a wonderful end to the year and a fantastic 2022.

Nik Allen

This is your town's hyperlocal magazine, delivering to homes and businesses every month.

HOME & DIY | GARDENING | PETS | HEALTH & FITNESS | BEAUTY | FASHION | HISTORY | LOCAL NEWS | FOOD & DRINK | TRAVEL | BUSINESS & PROPERTY | SPORT | PUZZLES | MOTORING | KIDS | WHAT'S ON | TECHNOLOGY | THE LISTINGS

CONTACT US: www.visionmagessex.com | los@visionmag.co.uk | 01702 898026

[@visionmagessex](https://twitter.com/visionmagessex) [@visionmagessex](https://www.instagram.com/visionmagessex) [Vision Magazine Essex](https://www.facebook.com/VisionMagazineEssex)

CONTRIBUTORS | Tabatha Fabray, Christina Pantelly, Bryn Holmes

At the time of print all content in **VISION** was relevant and up to date according to COVID-19 government guidelines Inside pages recyclable

SUPPORT LOCAL BUSINESSES

Please let your local businesses know that you saw them first in... **VISION**



SECTIONAL DOORS ROLLER DOORS SIDE HINGED DOORS UP/OVER DOORS



- High Quality Doors
- Range of Leading Manufacturers
- Contemporary Modern Looks
- Top Level Customer Service
- Skilled & Qualified Installers
- All Work Fully Guarantee

GARAGE DOORS ENTRANCE DOORS



COME SEE US ALONG THE A127 AT ALTON GARDEN CENTRE, LEIGH-ON-SEA
OR CONTACT US FOR MORE INFORMATION

01702 556035 07956 058080

[@bossgaragedoorsuk](https://www.facebook.com/bossgaragedoorsuk)

bossgaragedoors@mail.co.uk www.bossgaragedoors.co.uk

GOOD COP, BAD COP

WHAT DID WE LEARN FROM THE UN CLIMATE CHANGE CONFERENCE?

For a gathering of global minds, each driven and committed to making huge strides forward in the preservation of the Earth and everything that exists on it, there was no shortage of conflict surrounding the United Nations Climate Change Conference in Glasgow, which was held in the first two weeks of November.

A 26th Conference of Parties (hence the COP26 title that most people referenced the event by), the event invited world leaders to commit to enhanced ambitions in terms of mitigating climate change. They arrived in their droves – more than 25,000 delegates from 200 different countries, including 120 heads of state. That meant there was an immediate pointing to the hypocrisy of a convention configured to help the planet, yet whose carbon footprint was one of the largest in history.

Regardless, included in the number of high-profile attendees were US President Joe Biden, German Chancellor Angela Merkel, French President Emmanuel Macron, Canadian Prime Minister Justin Trudeau, and English broadcaster and natural historian Sir David Attenborough.

Those not in attendance courted similar headlines – China's leader Xi Jinping decided not to participate and instead delivered a written address to the conference, while Russian President Vladimir Putin cited COVID-19 concerns as his reason for staying in Moscow.

Air travel aside, the summit was the cleanest in history, with 70 per cent of electricity being supplied from low-carbon nuclear power from plants in Torness and Hunterston B, while the rest mostly came from wind power. All that energy led to some impressive take-outs from COP26:



DECARBONISATION. There was the ubiquitous acceptance that decarbonisation is the way forward, and on that front a variety of targets were accepted and signed up to across the board.



1.5°C, NOT 2°C. Recognition of 1.5°C (the temperature at which we must limit global warming) as opposed to 2°C is now a revised and real climate pact target adopted by those at COP26. Scientists believe this altered figure is a far safer limit for potential global temperature increases.



THE ONE-YEAR RATCHET. Previously, a five-year ratchet system was in place, where countries were conditioned to effect positive change across a multilateral system. This has now been transformed into a yearly ratchet. The accelerated pace from making annual adjustments is thought to be a much more realistic way of succeeding in halving global emissions by the year 2030.



NATURAL RESOURCES. As a final take-out from COP26, significant attention has been placed on the preservation of natural resources, including \$20billion in commitments of public and private money for forest protection.

While critics will say these initiatives are tarnished by some of the climb-downs from the conference – including scaled-back ambitions on the phasing out of coal, and various conditions around China's role in climate change not being enforced owing to its leader's non-attendance – there are clear targets and promises in place that offer renewed hope for the planet.

Yet words will only go so far – as swathes of protesters noted as they marched through the streets of Glasgow and across hundreds of other cities around the world: now is the time for action.





STOP, HANG UP AND

CALL 159

Fraudsters stole £4million a day in the UK in the first half of 2021, with the banking trade body, UK Finance, describing the level of fraud as a national security threat.

What is the 159 service?

A new emergency hotline has been launched in the UK to stop people becoming victims of fraud. Run by an industry body called Stop Scams UK, this service is supported by the Financial Conduct Authority and Ofcom.

When a potential victim dials 159, they will be automatically connected to their bank's fraud prevention service. Initially, this project is being run for a year, with the intention for it to eventually become a universal service.

When to call 159

- > Someone contacts you saying they are from your bank
- > You receive a call asking you to transfer money or make a payment
- > You receive a call about a financial matter and it appears suspicious.

The 159 number will never call you, and only a fraudster will object to you using this service.

Is the 159 number free?

Calls to 159 are charged at the national rate and are usually part of the included minutes in most phone tariffs. You can call 159 from your phone if your contract is with BT, including EE and PlusNet; Gamma; O2, including Giffgaff; Talk Talk; Three; Virgin Media; and Sky.

Which banks are taking part?

High street banks that are currently taking part in this service include Barclays, Lloyds (including Halifax and Bank of Scotland), NatWest (including Royal Bank of Scotland and Ulster Bank), Santander, and Starling Bank. TSB plans to implement the number from January 2022.

Nationwide isn't participating in the pilot 159 scheme. However, it does have its own Scam Checker Service which allows you to check a payment you are worried about with a member of its trained fraud team, either in branch or by phone on 0800 030 4057.



DENTAL CARE

WHY CHOOSE US?

Based in Belfairs, Leigh-on-Sea, Dental Health and Aesthetics offer high levels of expertise and a range of services to ensure both your aesthetic and dental needs are taken care of.

THE BELOW OFFERS ARE EXCLUSIVELY AVAILABLE FOR VISION LEIGH READERS

Hygiene
from
just £41

Teeth
Whitening
from
just £199
was £299

Private
Routine
Dental from
just £40

CALL 01702 880919

QUOTING VISION LEIGH MAGAZINE

QUALITY KITCHEN MAKEOVERS

by simply replacing the doors and worktops



DREAM DOORS®
NEW LIFE FOR OLD KITCHENS

**THE UK'S #1 KITCHEN
MAKEOVER EXPERTS.**

- From simple door replacements to complete fitted kitchens
- Fully installed by local professionals in just a few days
- Choose from a large selection of doors, worktops and appliances
- 96 showrooms nationwide

www.dreamdoors.co.uk

1741 London Road,
Leigh-On-Sea,
Essex, SS9 2SW

Call us now for a free estimate:

07894 714810

Checkatrade.com
Where reputation matters

AVERAGE SCORE **9.7/10**
22,000 REVIEWS NATIONWIDE



DREAM DOORS®
NEW LIFE FOR OLD KITCHENS

Make your kitchen the
heart of your home
with Dream Doors



"The work resulted in a beautiful fitted kitchen, the workmanship was excellent."
CUSTOMER IN WICKFORD



"Excellent quiet
and considerate workers"
CUSTOMER IN SOUTHEND-ON-SEA

If you are located in Leigh on Sea,
Rayleigh or surrounding areas,
speak to our designers and view
our stunning collection at your
local kitchen showroom.



"The workmen here on time. All their
work carried out to high standard.
Very polite, installation done on time
with kitchen left clean and tidy."
CUSTOMER IN WICKFORD



"Excellent and courteous service."
CUSTOMER IN BASILDON



"The service was excellent and professional."
CUSTOMER IN SOUTHEND-ON-SEA

1741 London Road, Leigh-on-Sea
Essex SS9 2SW

07894 714810

www.dreamdoors.co.uk



OH CHRISTMAS TREE

Get ready to break the status quo this festive season and reimagine the traditional Christmas tree.

Whether you are short on space, hate the hassle of a real tree or you just want to break the mould, check out the below Christmas tree alternatives that promise to deliver the wow factor.

Minimalist metal: If you love minimalism and you don't have a lot of space in your living room, then this is the perfect Christmas tree alternative for your home. Choose to buy one online that comes complete with baubles, or make your own using some copper pipes.

Christmas crates: A budget-friendly option, you don't need to have any DIY skills to stack a selection of wooden crates into the shape of a Christmas tree. Fill each crate with your favourite Christmas décor items, such as mini wreaths, candles and stockings, and you are good to go.

Teepee tree: For households that can't have a real tree owing to pets or small children, this is a great alternative. Simply erect a child-safe teepee and decorate with Christmas ornaments and decorations. This idea has the added benefit of doubling up as a play area.

Light-up ladder: If you don't mind a tree that looks a bit rustic and you don't want to have to spend a penny, this DIY ladder tree is a cool idea. Simply use an old stepladder to create a tree shape and then hang baubles, fairy lights and whatever else takes your fancy.

Christmas card tree: Do you save all your Christmas cards from the year before? Or perhaps you always seem to get more than you know what to do with? Put these cards to good use and stick them on the wall in the shape of a Christmas tree. Hey presto – an instant contemporary tree.

Photo credit: Pinterest

YOUR BOILER NEEDS US

ATS Services have over 40 years experience in the Plumbing & Heating industry. We offer a friendly, professional service throughout Essex

Boiler Installations • Boiler Repairs
Heating Installations • Heating Repairs
Plumbing Installations • Plumbing Repairs
Experienced Gas Engineers • Gas Safe Registered
Commercial & Residential

safe REGISTER

01702 295495 • 07887 717703
26 High Street, Shoeburyness, SS3 9AP

Carpets Direct

Guaranteed Lowest Prices

✓ **FREE FITTING** Established 26 years
✓ **FREE home visits**
✓ **SPECIALISES in twist pile**

Carpets • Vinyls • Laminates • Wood Flooring
We come to you in the comfort of your own home

WHY PAY MORE?

WE WILL MOVE YOUR FURNITURE & FREE UPLIFT/REMOVAL OF YOUR OLD CARPET

CALL YOUR LOCAL AREA SPECIALIST
01702 898 029

mastercard VISA

www.carpets-direct.co.uk

Only £895 for a fully fitted electric door.

Gotta get a Garolla.

Garolla garage doors are strong and solidly built. They're made to measure in our own UK factories. The electric Garolla door rolls up vertically taking up only 8 inches inside your garage. Our expert installers will fit your new door and take away the old one so there's no mess.

Give us a call today and we'll come and measure up completely Free.

GAROLLA
ROLLER SHUTTER DOORS
GOTTA GET A GAROLLA

NOW ONLY £895 WAS £1,354 INC VAT

WHAT'S INCLUDED WITH EVERY DOOR:

- FREE EXPERT MEASURING & FITTING
- TWO REMOTE CONTROLS
- ACOUSTIC & THERMAL INSULATION
- AVAILABLE IN 21 COLOURS
- FREE DISPOSAL OF YOUR OLD DOOR

Offer valid for openings up to 2.6m wide & inc: 2 remote controls, 55mm white slats, internal manual override.

CALL US TODAY
ON **01702 910 173**
MOBILE
07537 149 128
www.garolla.co.uk



WS Spray Finishings

ALL ASPECTS OF WET SPRAYING & POWDER COATING FOR DOMESTIC & INDUSTRIAL MARKETS
ITEMS FOR POWDER COATING UP TO 5m x 2m

**Hello to all our customers past and present, we are now back at work
We hope the support we have been shown in the past will return
We can get through this together, local companies employing local people**



Are you tired of the look of your kitchen?
Don't despair instead of paying a fortune for new units and doors why not have your existing doors, drawer fronts cornice, light pelmets, cooker hoods, shelf displays and plinths re-sprayed in any colour & sheen of your choice?
Removal & installation of most work available.
We can spray any type of door solid wood, vinyl/plastic or MDF old or new. All work is fully cleaned and de-greased, repaired if necessary and rubbed down prior to painting. We use a highly tough and durable finish 2 pack polyurethane paint in any colour and sheen to create that new showroom look and feel for fitted bedroom drawers and cabinets, internal room doors and all types of household furniture including brown furniture.
This is a very good economic and environmental way of recycling your worn out kitchen, bedroom cabinets & old furniture, we strive to be as eco friendly as possible.

01268 812414 • 07434 704673 • 07434 704681
www.wssprayfinishings.co.uk • wssprayfinishings@gmail.com

 **Unit 4 Totman Close, Brook Road Ind, Est. Rayleigh SS6 7UZ** 



UNIQUE Roofing Solutions Ltd

**Roof Repairs
Guttering / UPVC
Dry Verge / Dry Ridge
Flat Roofs
Chimneys
New Roofs**



**Mob: 07706 225143 Tel: 01268 851358
Email: info@uniqueroofingsolutions.co.uk
35 Progress Road, Leigh on Sea, SS9 5PR**



A GUIDE TO Tablescaping

TOP TIPS FOR DECORATING YOUR TABLE THIS CHRISTMAS

Instagram is awash with decadently decorated tables and, quite frankly, it's giving us a serious case of the green-eyed monster.

From choosing your colour palette to considering your centrepiece, check out our guide to tablescaping below, complete with our top festive-inspired suggestions.

CHOOSE YOUR COLOUR PALETTE

The first and arguably most crucial step of tablescaping is choosing a colour palette. This will form the foundation of your table and enable you to bring your chosen theme together. As a general rule, two colours is preferable, and you should avoid any colour clashes.

Christmas colours: Red and green, red and gold, or silver and gold.

PICK THE ESSENTIALS

When setting your table, you must not forget all the essential items such as a tablecloth, plates and glassware. While white plates will always look classic, they are not suited to every table theme. Consider black plates for an ultra-modern look, or

floral plates for a vintage vibe.

Christmas essentials: Gold-trimmed plates, a moss table runner and festive napkin rings.

CONSIDER YOUR CENTREPIECE

Every showstopping table needs a centrepiece which will act as the focal point of the entire design. Depending on the time of year, flowers are a great choice, as are an assortment of different sized candles.

Christmas centrepieces: Pine cones and candles of various heights, mini potted Christmas trees, or a snow-filled glass vase complete with silver baubles.

REMEMBER THE SMALL TOUCHES

To create an unforgettable table, you need to add all the little details such as name cards, matching placemats and decorative ornaments. Remember that these all need to match your theme and colour scheme, or your setting may appear overcomplicated and chaotic.

Christmas decorative details: Pine wood card holders, stocking silverware holders, or sprigs of holly and mistletoe.



Photo credit: Brian Woodcock via countryliving.com, seamsforadvice.com, blissinthisblog.com, sayyes.com

PERFECT planning

Are you always forgetting family commitments? Let us introduce you to the DIY family planner that promises to transform your life from chaotic to calm in a matter of minutes.

All you need is a few supplies and a door – this could be in a kitchen cupboard or even the whole side of a door.

WHAT YOU NEED:

Chalkboard paint | A paintbrush | Sandpaper | Old guttering and gutter clips (for shelf) | Old copper pipe and pipe clips (for rail) | Handsaw | Electric drill or screwdriver | Hot glue gun | Spray paint – colour of your choice | A bulldog clip | Paper roll

HOW TO MAKE:

Step 1: Prepare the space – If using a cupboard door, remove it from its frame using a screwdriver or electric drill.

Step 2: Sand the wood – Sand the door down before you paint it as this will ensure a smoother surface. Wipe down with a wet cloth to remove any dust.

Step 3: Paint the door – Apply 2-3 coats of chalkboard paint, making sure you leave the door to dry in between each coat.

Step 4: Create a shelf – Measure the width of the door and subtract a few centimetres from each side. Cut the guttering to this size and sand down any rough edges.

Step 5: Spray paint the shelf – Spray paint your guttering in your preferred colour. Apply fine coats gradually to avoid drips.

Step 6: Attach the shelf to the bottom of the door – Screw the gutter clips to your chosen position on the door and place the guttering inside the clips.

Step 7: Make a hanging rail – Cut the copper piping to the same width as your shelf. Screw the pipe clips to the door at least 30cm above the gutter shelf and attach your rail. Add your paper roll.

Step 8: Add a bulldog clip – Attach a bulldog clip to the door using a hot glue gun. This will hold the end of your paper roll in place.

Step 9: Draw your planner – Use a whiteboard pen to draw a grid at the top of the door and then add each week's activities/appointments with chalk.



Photo credit: cassielainy.com

kube



Exquisitely crafted kitchens
expertly tailored to your home.

f t i n k kubekitchens.co.uk

Leigh on Sea

1518 – 1520 London Road
Leigh on Sea, Essex, SS9 2UR

t 01702 826878
e info@kubekitchens.co.uk

Upminster

38 Station Road
Upminster, RM14 2TR

t 01708 227396
e info@kubekitchens.co.uk



LOCAL NEWS

from your neighbourhood



Café 'over the moon' after it's voted best in country

The Stop the World Café on Broadway, Leigh-on-Sea, recently won the Good Food Awards' Gold Seal after being nominated for the third year in a row.

The prestigious accolade can only be attained by Good Food Award holders who have attained award status for three consecutive years or more.

The café was recognised for its excellent food quality, service, value, and achieving consistently high customer ratings.

The menus are created based on the feedback of customers, helping the café to create dishes that "stave off hunger and satisfy the soul".

Kate Henry, owner of the café, said: "We were definitely surprised with the nomination from Good Food Awards for the third year running.

"This is down to our lovely, loyal customers who took the time to vote. We were amazed to come out with best café. It has been a really tough year, with so many obstacles to overcome for so many people. So this was such a delightful surprise.

"We couldn't have done it without our amazing, strong team. They work so hard and are very committed. Everyone was just over the moon.

"We had an overwhelming response from all our customers on social media; customers were even popping their heads in to say congratulations. We are so lucky to have such supportive customers; they have been extremely loyal."

The café opened in December 2007 and offers breakfast, brunch, lunch and afternoon tea.

HAMMOND & SONS

GAS ♦ PLUMBING ♦ HEATING

- ♦ All boilers serviced & repaired
- ♦ Condensing boilers & warm-air units
- ♦ All work undertaken including leaks, upgrades & installations
- ♦ No call-out charge
- ♦ OAP discounts available
- ♦ Full public liability insurance
- ♦ Fully qualified engineers



**A PROFESSIONAL FAMILY-RUN BUSINESS
HONEST & RELIABLE
OVER 20 YEARS' EXPERIENCE**

From a tap washer to a full heating system, call

01702 580 577

email: hammondandsons@hotmail.co.uk
www.hammondandsons.co.uk

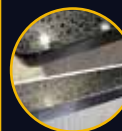
Chameleon Repair Ltd

*Damage,
What Damage?*



**HARD SURFACE
COSMETIC REPAIRS**

- * STONE * BRICK * GRANITE
- * MARBLE * WOOD
- * SANITARY WARE
- * CERAMICS * PVC
- * STAINLESS * POLISHING



Chameleon-Repair-Ltd



07753 298222

hello@chameleon-repair.com



**Top Class Gold & Silver,
Jewellery, Clocks &
Watches Bought & Sold**

- ♦ The Largest Jewellers & Pawnbrokers in Leigh on Sea
- ♦ Bespoke items made to order
- ♦ Engraving, Repairs & Re-stringing services
- ♦ Pre-owned Jewellery & Watches

Telephone: 01702 714447 ♦ www.stuartsofleigh.co.uk

78 The Broadway, Leigh on Sea, Essex, SS9 1AE





Rayleigh Oaks

Shopping Village

★ All open 7 days a week! ★

Now Open!

Christmas Indoor Marketplace!



Come and grab a bite to eat and visit our indoor market with independent traders offering lovingly handmade and bespoke gifts, crafts, artwork, jewellery, homewares, home fragrances, tarot readings, sweets & treats, balloons, shoes & bags, wax melts, vintage items, massage treatments and more!



Offering a variety of delicious home cooked breakfasts, lunches, cakes & refreshments!*

Rayleigh Oaks (The old Wyevale Garden Centre site)
 401 Eastwood Road – Rayleigh – Essex – SS6 7LU
 T: 01268 218011 - E: info@rayleighoaks.co.uk

Follow us on:   **@rayleighoaks**



LEIGH TREES

Beautiful real Nordmann Fir, non-drop Christmas Trees, available on site now!!

*All dietary requirements catered for





Community unites to say farewell to murdered MP

Essex Police officers and members of the community lined the streets to pay their respects to Sir David Amess MP during his funeral procession through Southend on November 22.

Officers from Southend stood on parade with their heads bowed outside the police station on Victoria Avenue, to pay tribute to the Southend West MP as his funeral procession made its way past. They were joined by colleagues from Essex County Fire and Rescue Service and Southend Borough Council.

The horse-drawn carriage carrying Sir David had a special escort as motorcycle officers from the Essex Roads Policing Team led the way to the funeral service at St Mary's Church.

Afterwards, the motorcycle officers escorted the carriage on a poignant procession through Southend.

Speaking after the ceremony, Chief Constable Ben-Julian Harrington said: "Today has been a hugely sad day for Sir David's family, all those who knew and loved him, and the people of Southend and Essex. My thoughts and prayers and those of all of us in Essex Police remain with them."

"It has been a privilege for Essex Police to support the funeral and to escort Sir David on his final journey through his beloved Southend."

Chief Superintendent Simon Anslow added: "After his 40 years of tirelessly serving the people of Southend, the people of Southend have turned out to show their gratitude to Sir David."

"The legacy of Sir David will live on in the pride of our community in what will be the county's new city."

Investigation after man dies following assault

Essex Police have named a man who died in hospital two days after an assault in Leigh-on-Sea.

Philip Mersh, 43, (pictured) sustained serious injuries in Broadway shortly before 6pm on October 31.

Philip's family described him as a "soulmate, an amazing daddy, a loving son, caring brother and loyal friend".

They added: "Phil touched so many people with joy and laughter. Our lives will never be the same without him. He will never be forgotten."

Daniel Ballard, 31, was arrested and charged with grievous bodily harm with intent following the assault and is next due to appear in court on December 3.

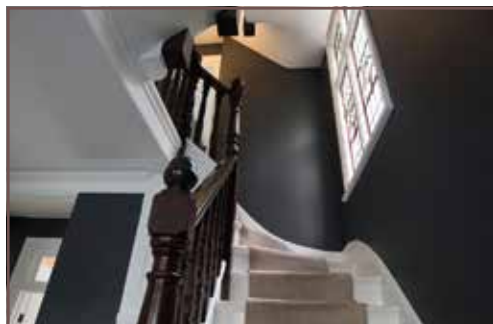
Police are continuing to appeal for witnesses and anyone who has CCTV, dashcam or mobile phone footage to come forward.

You can submit a report at www.essex.police.uk or use the live chat button to speak to an online operator. Please quote incident 1132 of October 31.



LOCAL NEWS

from your neighbourhood



Johnson's Decorating

All aspects of professional high quality work undertaken

Interior/exterior

Impeccable standards from over 20 years experience

07736 120857

johnsonsdcoratingleigh.co.uk



APPLIANCE REPAIRS AND SALES

We repair all makes and models

Washing Machines • Tumble Dryers
Dishwashers • Ovens • Hobs • Cookers
Fridge/Freezers • Extractor Hoods

New appliances in stock for same day delivery & installation

Prices listed on our website

Call 01279 310793

Or Book Online

www.spindoctoruk.co.uk



Town stands still to commemorate those lost to war

Thorpe Bay and the rest of Southend-on-Sea paused on Sunday, November 14, to remember those who have given their lives in war and conflict.

The Remembrance parade assembled in Prittlewell Square near the Cenotaph, with the chimes of Big Ben in London beginning the two-minute silence.

This was followed by a bugler's performance of *The Last Post* and the laying of wreaths by the Mayor of Southend, councillor Margaret Borton, and other local figures.

The service was led by the mayor's chaplain, Reverend Paul Mackay, and the Bishop of Chelmsford,

The Rt Rev Bishop Guli Francis-Dehqani.

Hymns and other pieces of music were performed by the Southend Citadel Band of the Salvation Army.

Mayor Borton, speaking before the commemoration, said: "The Remembrance Sunday service is humbling and extremely important.

"It is when we gather to publicly honour and pay tribute to all those brave men and women who gave their lives in the World Wars and other conflicts since.

"We will show our continuing gratitude to every single one of those men and women for making the supreme sacrifice in the service of others."

Tennis club to hold annual charity fundraiser

The Thorpe Bay Lawn Tennis Club is holding its annual charity event this month.

The club is looking to raise funds for Trust Links, Southend's independent mental health charity. All club members, plus their family and friends, are invited to come along to the event on Sunday, December 19.

The event starts with fancy dress tennis, with mulled wine and beer being served on the terrace, while

Worsley Wines and Leigh Spirit Co will be providing taste testers and selling their goods.

Black Circus Food will be treating guests to some tasty festive street food and Wild Hogs Band will be providing the entertainment, with Christmas tunes helping to get everyone in the festive spirit.

The club will also be holding a raffle, with prizes donated by local businesses.

Paving, Decking, Garden Buildings

Local Landscape Gardener

07712 125 751
pollenlandscapes.com
steve@pollenlandscapes.com

Pollen Landscapes

ONLY POSTS

★★★★ and ★★★★★

FENCES

★ 07938 376764 ★

FENCING ★ CONCRETE

JAMES DUDDRIDGE MP



Member of Parliament for Rochford and Southend East



Christmas is upon us once again, and I do hope readers will take the opportunity to spend some quality time with loved ones over the coming weeks.

I recently had the pleasure of being invited to switch on the Christmas lights in West Road, Shoeburyness. The event had been organised by a proactive group of independent businesses.

The turnout was brilliant and there was a fantastic festive buzz about the area. I understand that the traders in West Road are looking to make it an annual event.

That evening was also a pleasant reminder of the number of high-quality local firms that we have across the city, ranging from our bars and restaurants to our independent shops and retailers.

It's with that in mind that I would encourage everyone to support local businesses during the Christmas



season and beyond, as they really do rely on us.

Whether it's for a festive get-together with friends or family, or a unique gift for the one you love, staying local will help our city's businesses, boost our local economy and support local employment.

As ever, I am here to assist any residents or businesses that may need my help.

Finally, I take this opportunity to wish all readers a merry Christmas, and a happy and healthy New Year.

Airport host charity fundraiser

London Southend Airport and its charity partner are organising a run to support mental health awareness.

The airport will once again open its doors to members of the public on Wednesday, December 8, for a festive Mental Elf Run. Those taking part will walk or run the length of the runway to raise vital funds for Southeast and Central Essex (SECE) Mind.

An ambitious target of £5,000 has been set from

entry fees and sponsorship, which the airport will match for a potential target of £10,000 to be awarded to the mental health charity.

Caroline Grant, CEO of SECE Mind, said: "The Mental Elf Run is an amazing opportunity, not only to join together and help raise vital funds, but to also participate on the runway itself.

"SECE Mind supports residents across Essex and the fundraising target would make a huge difference to so many."

SECE Mind serves residents across Southend, Chelmsford, Castle Point, Rochford and South Woodham Ferrers. The total area covered by the charity creates a circumference of nearly 90km, and participants of the Mental Elf Run can walk or run on the runway to achieve a total distance equal to or exceeding 90km.

Glyn Jones, CEO of London Southend Airport, said: "Our charity partnership with SECE Mind has offered valuable opportunities to raise awareness of mental health."

Photo credit: runhighphotography.co.uk



PEARL HARBOR

remembered

LOOKING BACK TO THE BATTLE AT PEARL HARBOR, 80 YEARS AGO IN DECEMBER

Pearl City in 2021 is a pleasant enough place. It is clean, sunny, and remains very proud of its reputation as both an early site for Benjamin Franklin's railway network and a jazz hotbed in late 19th-century Hawaii.

Yet such a peaceful reputation is at odds with events in its harbour, when it came under the attack of one of the most vicious airborne onslaughts in military history.

The Japanese attack on Pearl Harbor was actually a pre-emptive move designed to limit the US army's ability to defend other areas, which were earmarked in phase two for later that day. Essentially, by ripping apart the US Pacific Fleet, it would be unable to stem the tide of attacks on British, Dutch and US territories in southeast Asia.

The Japanese began the assault on December 7, 1941. They rained down bombs on hangars and aircraft around the island, while launching torpedoes at US airships in Pearl Harbor.

Four battleships were hit immediately, with the USS *Arizona* sinking after a bomb hit its explosives stores. A total of 1,177 crew members perished.

The Japanese retreated, though as US troops began to survey the damage and regroup, a second barrage was on its way. Around 90 minutes later, 170 aircraft entered the area, again firing a devastating


array of artillery on the harbour.

By the end of the second wave, 18 US warships had been sunk or damaged, while almost 200 aircraft were destroyed.

The total number of casualties was 2,403 – all American servicemen or women.

While the attack on Pearl Harbor was monstrous and clinical, crucially the Pacific Fleet's aircraft carriers were not in the area at the time. The fact that these survived became pivotal in the Pacific War that followed, as the US made major moves in restoring balance. Eventually, they helped to tip the scales back towards the Allies and, ultimately, victory, four years later.





Adele is one of the most successful female artists in history, and the universal acclaim behind 30, her new album and the first in six years, reinforces beyond doubt the fact that in a changing, fragile, often artificial music industry, raw talent will always find a path to the top.

Perhaps what makes Adele, the Tottenham-born singer/songwriter, a cultural icon in the modern music world is an admission of her own frailties.

From relationships to confidence, through philanthropy and inclusion, the star's honesty in terms of how she positions herself is admirable. Yet there is always something real to back up the message – from the music to the five stunning *Vogue* magazine covers (three in the US, two in the UK, and the first person to achieve both at the same time), which continue to document the star's visual transformation.

From the moment the first melancholic and soulful opening lines of Adele's *Chasing Pavements* reached the world's airwaves, it was abundantly clear that the British songstress would go on to achieve big things, even if the eventual scale of her success was impossible to predict. The first single released from her 2008 debut album, *19* – named after the age at which she composed it – *Chasing Pavements* announced the beginning of a career that, some 13 years on, has seen Adele become an instantly recognisable name, face and voice across the globe.

“The first thing is to be happy with myself. to appreciate yourself – only then can you try to change things”

19 earned the star – born Adele Laurie Blue Adkins – the first of 15 Grammy Awards. More importantly, the album marked a point in time from which came the star's ever-growing list of popular records. Each is named in the same manner – *19*, *21*, *25* and *30* marking her musical milestones – and as well as the ever-increasing plaudits heaped upon their creator, each can be seen as a distinct point in Adele's journey to the elite of the musical world, littered as it was along the way with all of life's struggles.

“Every album is a phase in my life,” she says. “Each comes with a different reputation and pressure and baggage, and that can make things tough.”

Romantic relationships have often affected Adele's more melancholic musical musings, and her new album has its fair share of these. Debut single *Easy on Me* went to number one across the world, and reflected mistakes made both in childhood and adulthood; while tracks *Cry Your Heart Out*, *To Be Loved* and *Love is a Game* offer similar themes. But the singer insists she now has the ability to focus on herself, rather than dwelling on mistakes.

“I have a greater resilience to myself nowadays,” she says.

“That's just something that comes with age. In the past, I'd sit in darkness and feel sorry for myself. I loved the drama of it all.”

Now 33, things have certainly changed for Adele. The birth of her son, Angelo, in 2012 has been stated as a real turning point in her ability and willingness to call the shots; certainly the failing of her marriage to Angelo's father, Simon Konecki, doesn't seem to perplex her.

She adds: “The first thing is to be happy with myself – only then can you try to change things.

“My career's not my life; it's my hobby, but I'm glad I have it.”

ADELE

returns

Doggy DOWNTIME

Have you ever noticed your dog watching the TV? If yes, you may want to try DogTV, a unique streaming service designed just for dogs.

WHAT IS DOGTV?

DogTV is a television channel that has been specifically created for dogs and their owners. It can be particularly useful for dogs that suffer with separation anxiety and stress. Its programmes are divided into three categories that are designed to meet a dog's typical daily cycle and to enrich their environment.

- 1. Relaxation:** Soothing music, sounds and visuals will help keep your dog calm and reduce their stress levels.
- 2. Stimulation:** Stimulating scenes with and without other animals, animation sequences and moving objects to encourage playfulness even when your dog is home alone.
- 3. Exposure:** Special sounds and visuals to help habituate your dog and make them feel more comfortable in their environment.

DO DOGS REALLY WATCH TV?

Yes, they do! There are thousands of videos on YouTube featuring dogs watching and responding to TV programmes, with most paying attention when they see other dogs, animals or moving objects. Some dogs will respond best to visuals, while others will lie down and relax when they hear calming music.

HOW DO I SUBSCRIBE TO DOGTV?

You can select what type of subscription package you would prefer via the www.Dogtv.com website. Choose an annual subscription for £59.99 or a monthly subscription for £6.99, both of which include a free seven-day trial. There is no contract and you can cancel at any time. Alternatively, you can sign up through the DogTV app on Roku, Apple TV, Amazon Fire TV or iOS/Android devices.

DOES DOGTV HAVE PROGRAMMES FOR OWNERS?

Yes, it does! There are hundreds of fun, educational and entertaining programmes for dog owners, including *The Dog Chef*, *Road Dogs*, *Paws For Love* and *Meet The Breed*.



LOVE YOUR LEFTOVERS:

Christmas pudding



While no Christmas dinner would be complete without it, if there is one thing that you are guaranteed to have leftover after the big day, it's Christmas pudding.

Christmas Pudding Ice Cream – serves 10

You will need:

4 large egg yolks | 100g caster sugar | 175g leftover Christmas pudding | 2-3 tbs brandy | 300ml double cream

How to make:

1. Whisk the yolks and sugar until pale and thick.
2. Stir in the pudding.
3. Pour in the brandy and mix.
4. In a separate bowl, whip the cream until it holds soft peaks.

5. Fold the cream into the mixture.

6. Pour into a freezer-proof container, cover and freeze until set.

Mini Christmas Pudding Cheesecakes – makes 12

You will need:

300g ginger nut biscuits | 100g unsalted melted butter | 250g soft cheese | 300ml extra thick double cream | 50g icing sugar | Zest of 2 clementines | 150g leftover Christmas pudding | 12-hole muffin tray

How to make:

1. Line the tray with paper cases.
2. Crush the biscuits and stir in the melted butter.
3. Pour into the cases and press down. Chill in fridge.
4. Whisk the soft cheese and fold in the cream.
5. Sift in the sugar and add the zest of the clementines.
6. Combine the mixture with the leftover Christmas pudding and then spoon over the biscuit bases.
7. Top with fruit and chill for at least 2 hours.
8. Remove from the fridge half an hour before serving and remove the paper cases.

Christmas Pudding Souffle – serves 4

You will need:

1 tbs golden caster sugar, plus extra for coating | 4 egg whites | 150ml custard | 85g Christmas pudding | Caramel sauce to serve

How to make:

1. Heat oven to 180°C/160°C fan/gas mark 4.
2. Grease 4 x 150ml ramekins.
3. Coat each one with sugar.
4. Whisk the egg whites until stiff peaks form.
5. Add the sugar and whisk again.
6. In a bowl, mix the custard and pudding.
7. Stir in ¼ egg whites and gently fold in the rest.
8. Pour into the ramekins.
9. Bake for 12-15 minutes until risen and golden.
10. Top with caramel sauce.





Admiral Court – for all the support you need

Skilled... Patient... Kind... Just a few words to describe our nursing teams at Hallmark Care Homes. If you have a loved one living with us, rest assured that they will receive the very best care from the very best health professionals. Using relationship-centred care and working alongside doctors, community nurses, social workers, dietitians, physiotherapists – and residents' friends and family – our nursing teams ensure that every resident's individual needs are met.

Whether your loved one has simple or complex nursing requirements, we have around-the-clock care, and our highly trained registered nurses tailor a care plan specifically to suit each resident. Whether they have physical disabilities, need rehabilitative care following a stroke or injury, or are living with a long-term condition, such as Parkinson's disease, arthritis or respiratory illness, we provide the very best clinical, emotional and social care.

Living at a Hallmark care home isn't just about high-quality care – it's also about ensuring residents live fulfilling lives too. Many of our residents enjoy taking part in a variety of activities and interests such as music and singing sessions, exercise classes, or getting creative through arts and crafts. We also encourage them to continue with previous hobbies they used to enjoy, or perhaps learn new ones. Of course, residents who require nursing care may not be able to take part in such activities. In this case, we will encourage them to get involved in as many things as they are willing and able to do, even if that's simply playing cards, or playing their

favourite music to listen to in the comfort of their own room.

Just because your loved one lives in a care home doesn't mean they should have to compromise the lifestyle they have always had. Hallmark care homes offer a homely environment with the added benefit of that extra support your loved one may need, providing you with peace of mind that they are being looked after. Yes, they may need to adjust it slightly, but independence is highly encouraged and our goal is to provide a home from home so that they can live stimulating, enjoyable lives – picking and choosing the activities, clubs and day trips they would like to or can partake in.

Having won the prestigious Pinders Healthcare Design Award for 'Best Care Home' seven times it's safe to say that, when it comes to the care, wellbeing and contentment of our residents, we know what we're doing. Happy... Safe... Fulfilled... Just a few words to describe those living with us at Hallmark Care Homes.

If you're looking for the highest quality care for your loved one, let's get together and talk. We'd be delighted to arrange a family visit and answer any questions you may have.

01702 811 496
www.hallmarkcarehomes.co.uk



Let's Care Together

Our nursing care supports the whole family

By carefully tailoring our nursing care to each resident, we make sure their choices and independence always come first. So you can rest easy, knowing your loved one is always enjoying the best possible care for their needs.

If you're looking for the highest quality nursing care for your loved one, let's get together and talk.

01702 811 496 hallmarkcarehomes.co.uk

Residential Care | Nursing Care | Dementia Care | Respite Care



FREE Collection and Delivery service...

...the hassle free way to get your car serviced or repaired

We know how difficult it can be to find time within your busy schedule to get your car serviced or repaired. This is why we'd like to make the experience as easy as possible for you with our 'Concierge FREE Collection and Delivery' Service. No more cadding lifts or waiting around; with our Concierge Service you'll hardly notice the difference to your day.

Call us to book your collection now



FREE ANTIBACTERIAL TREATMENT WITH AN AC REGAS

Call us now on
01268 756650 or
01702 342255
to book your car in



One voucher redeemable per customer only. Cannot be used in conjunction with any other offer

PROGR CHARGING POINTS LTD



YOUR LOCAL EV CHARGING POINT INSTALLER



CONTACT US FOR A FREE SITE SURVEY
01702 428981



Web: www.progresschargingpoints.com

Email: info@progresschargingpoints.co.uk – **Mob:** 07851 889 154

PHONE FINE

V
MOTORING

DRIVERS FACE NEW MOBILE PHONE FINES FROM 2022

New laws are set to come into force from next year to crack down on mobile phone usage while behind the wheel, with 81 per cent of people supporting the tightening of driving rules in the UK.

HOW MANY ACCIDENTS ARE CAUSED BY DRIVERS USING MOBILE PHONES?

According to the Department for Transport, 17 people were killed on the road last year in crashes that involved drivers being distracted by their mobile phones. A further 114 were seriously injured and 385 were slightly injured. More than one in six of those killed or seriously injured were either pedestrians or cyclists.

HOW IS THE LAW CHANGING?

Under current UK laws, drivers are banned from making a phone call or texting using a handheld device, unless there is an emergency. However, from 2022, drivers will also not be allowed to take photos or videos, scroll through music playlists, or play games on their phones when driving. This includes

when stationary in motorway jams and at traffic lights.

WHAT WILL HAPPEN IF YOU ARE CAUGHT BREAKING THESE NEW LAWS?

Anyone caught using their handheld device while driving will face a £200 fixed penalty notice and six points on their licence.

ARE THERE ANY EXCEPTIONS TO MOBILE PHONE USAGE WHILE DRIVING?

Drivers can still use devices such as sat navs and mobile phones using satellite navigation, but these must be secured in a cradle. They can also make contactless payments using their mobile phones when stationary.

WHEN DO THESE LAWS COME INTO EFFECT?

These new laws will start to be implemented from next year, with the government planning to revise the Highway Code to clearly explain the new measures to drivers. More information on the new changes to road mobile phone usage can be found at www.gov.uk

FROM 2022, DRIVERS ARE NOT ALLOWED TO...

- ✗ Make a phone call/text
- ✗ Take photos/videos
- ✗ Scroll through music playlists
- ✗ Play games



LEXUS RELAX

12 MONTH MANUFACTURER WARRANTY WITH EVERY SERVICE

FOR VEHICLES UNDER 10 YEARS AND 100,000 MILES*



LEXUS HAINAULT
2a Beaver Road, Hainault, IG6 3UT
020 3727 7620
www.lexus.co.uk/hainault/

*Every new Lexus, is eligible to be covered by up to 10 years' manufacturer warranty through Lexus Relax. This is provided through an initial 3 years manufacturer warranty that can be extended with regular servicing at a Lexus Centre. A 12 months' warranty is included with every Lexus Service, up to 100,000 miles or 10 years, whichever comes first, giving you a chance to relax in the knowledge that you and your vehicle are in safe hands. Terms and conditions apply. For full details, please ask your official Lexus Centre, visit lexus.co.uk/lexus-relax/terms or search Lexus Relax.

Wine o'clock DESTINATIONS

Do you love travelling and also consider yourself a wine connoisseur? Or perhaps you just love quaffing vino? Either way, there are so many exciting destinations for wine lovers, both abroad and in the UK.

Languedoc-Roussillon, France: A stunningly scenic wine region, within Languedoc-Roussillon is the Corbières AOC, a famous appellation that boasts five established wine routes featuring dozens of first-rate wineries. Perfect for red wine lovers, as 85 per cent of all wine produced here is red.

Tenerife, Spain: While Tenerife might not seem like a great destination for wine drinkers, Spain is currently undergoing something of a winemaking renaissance, with this popular island making some of the most compelling bottles around. Head to the northeast of the island, close to the city of San Cristóbal de La Laguna, and hit its well-established wine route.

Campania, Italy: If you want to experience the welcoming culture of South Italy, then a Campania wine tour should be your first port of call. Campania is home to the famous Taurasi red wine, as well as fine white wines including Greco di Tufo and Fiano. Plus, you can sample the mouth-watering mozzarella from the water buffalo of the region.

Ashford, Kent: If you are looking for a wine destination a little closer to home, then head to the Chapel Down Winery near the town of Tenderden. It is open for tours and visits throughout the year, and you can find out more about the grapes that make the best Sauvignon Blanc in the country.

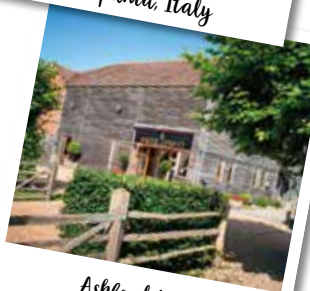
Newent, Gloucestershire: Visit the Three Choirs Vineyards in Newent and listen to taste-tling tales from one of the oldest winemakers from the 1970s UK wine movement. Enjoy a grape-to-glass experience, a tour of the vineyard, fine dining with tapas, and an exclusive tasting of its award-winning wine collection.



Tenerife, Spain



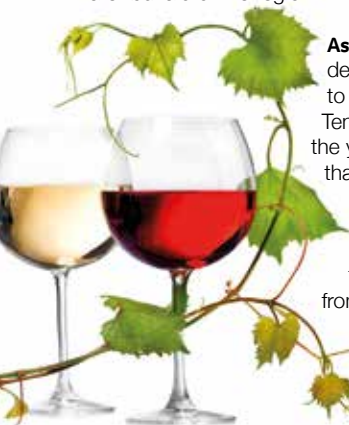
Campania, Italy



Ashford, Kent



Newent, Gloucestershire



Tasty titbits for Rudolph

If your children love to leave a treat for Santa's reindeer, why not have a go at making your own this Christmas?

A fun, festive activity for all ages, the below wildlife-friendly snacks can be created with just a few simple store cupboard staples and some wild bird seed.

REINDEER FOOD MIX: YOU WILL NEED:

- > A handful of wild bird seed – may include sunflower hearts, yellow millet, kibbled peanuts and black sunflower seeds
- > A few rolled oats
- > A sprinkle of dried fruit such as cranberries, raisins, sultanas and currants
- > Small amount of grated cheese
- > Some dried insects (optional)
- > A small pinch of chilli powder – this will stop the squirrels from eating the mix before Rudolph arrives

HOW TO MAKE:

- > Simply mix all of the above ingredients together and then sprinkle all over your garden or leave in a small bowl by the front door before you go to bed.

REINDEER COOKIES: YOU WILL NEED:

- > 250g lard, suet or vegetable shortening
- > 500g wild bird seed mix
- > A handful of dried cranberries
- > Christmas-shaped cookie cutters

HOW TO MAKE:

- > Melt the lard or suet in a saucepan over a low heat – do not boil. Make sure to supervise children to avoid injury
- > Stir in the wild bird seeds, making sure the mixture sticks together
- > Leave to one side for 10 minutes to start to set
- > While still soft, spoon the mixture into a baking tray
- > Spread evenly, at least 2cm deep
- > Place in the fridge to cool for 30 minutes
- > Remove mix from the tray and place on greaseproof paper
- > Use your cookie cutters to cut out your shapes
- > Leave them to chill in the fridge overnight
- > Place them on your bird table or hang in a tree.

What NOT to put out for Rudolph

- > Anything with sparkles/sequins or that contains plastic
- > Cake sprinkles or edible glitter.





SMALL BUSINESSES ARE OUR BIGGEST PRIORITY



ACCOUNTANCY SERVICES LTD

Contact us to discuss all your accounting needs

07368 821345
www.bspaccountancyservices.co.uk
ben@bspaccountancyservices.co.uk

41a Ambleside Drive,
 Southend-on-Sea, SS1 2UT






CARE HOMES

Brambles and Adalah care homes are in a quiet residential part of Leigh

- Lift & Stair lifts • Nurse call & fire alarm systems
- Hairdressing • Activities • Daily laundry services
- Chiropody treatment • Fully Trained Staff
- Close to the station, beach and local shops
- Comfortably furnished rooms with en-suite
- Balcony views of estuary

Brambles Care Home
 22 Cliff Road, Leigh-on-Sea, Essex SS9 1HJ
 Tel: 01702 472 417 • www.bramblescarehome.co.uk

Adalah Care Home
 20 Cliff Road, Leigh-on-Sea, Essex, SS9 1HJ
 Tel: 01702 711162 • www.adalahcarehome.co.uk



JJ's Tuition

CENTRES IN BENFLEET, SOUTHEND & BASILDON

ONLINE LESSONS ALSO AVAILABLE

**SPECIALIST
 ENGLISH,
 MATHS &
 SCIENCE
 TUITION**

**PRIMARY, GCSE
 & A LEVEL**

**FOR A FREE TRIAL
 LESSON PLEASE CALL
 07932 503 644**

www.jjstuition.co.uk



BRUCE KING
on public speaking with confidence



BUSINESS & PROPERTY



In his latest column, sales mentor and personal growth coach, Bruce King, discusses how to speak and present – in any setting and situation – with confidence.

I started public speaking more than 25 years ago at the insistence of the BBC, who had just published my first book and wanted me to travel around the country promoting it.

I was terrified – so much so that I hired a speaking coach to help me learn how to present with confidence.

Here are three tips, which were the most valuable she gave me:

First of all – be prepared and practise. The larger the audience you're speaking to and the more important your presentation, the more you need to prepare. There was never a truer expression than 'practice makes perfect'.

Secondly, to overcome nerves, she told me to imagine all the audience were sitting on toilets with trousers rolled down or skirts pulled up. That worked a treat.

I did it every time I first walked on stage. I paused, saw a sea of people sitting on their toilets with their trousers down and their skirts up, and it put such a big smile on my face that the audience warmed to me immediately.

Of course, they didn't know what I was smiling at.

The third thing she taught me was not to get intimidated by people you are presenting to with impressive job titles. They are just people like you and me. And they also go to the toilet.

Big businesses are nothing more than the sum total of many individuals, all working under the same umbrella. They have the same or similar concerns as you and me.

If you can help them in any way whatsoever, they will truly appreciate you.

More information:

Bruce King is recognised internationally as a leading sales, marketing and personal growth strategist, addressing audiences and coaching sales teams and managers in 23 countries. For more information, visit bruceking.co.uk



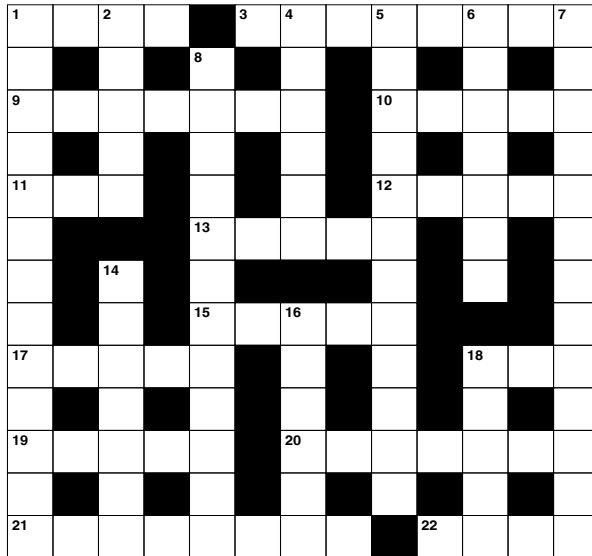
PUZZLES & TRIVIA

ACROSS

1. Skin irritation (4)
3. Assembled (8)
9. Allocations (7)
10. Small dust particles (5)
11. Drivel; nonsense (3)
12. Exit (5)
13. Long-handled spoon (5)
15. Ellipses (5)
17. Steep slope (5)
18. Intentionally so written (3)
19. Buffalo (5)
20. Become less intense (4,3)
21. On the outer side (8)
22. Examine by touch (4)

DOWN

1. Not capable of being restrained (13)
2. Destroy (3,2)
4. Utterly senseless (6)
5. Vagrancy (12)
6. Take back (7)
7. Rude and discourteous (13)
8. Metal device for removing tops (6,6)



14. Receiver (7)
16. Ratio of reflected to incident light (6)
18. Heating apparatus (5)

DID YOU KNOW?

- ▶ An adult male lion's roar can be heard up to five miles away
- ▶ Elephants often use their trunks as 'snorkels' when swimming to help them breathe when they're underwater
- ▶ Female turkeys can occasionally develop their eggs into embryos without the need for sperm. This is a form of reproduction called parthenogenesis
- ▶ Owing to the position of horses' eyes, they can see almost 360 degrees. Their only blind spots are directly in front and behind their body
- ▶ Leopards' tails are so long so they can act as counterbalances when running, jumping or climbing trees
- ▶ Honey badgers have been listed in *Guinness World Records* as the most fearless animal on the planet.

SUDOKU

9			7					4
7			8		5			
	4			2			6	
			6			7		1
				9				
1		8			3			
	2			3			5	
			2		6			3
6					8			2

Lifestyle & Mobility lifestyleandmobility.co.uk

ESSEX LARGEST SHOWROOM



Motability
offers you the
ability to enjoy
worry-free
mobility

Available
through
weekly lease
payments

A new
product
every
3 years

To find out how
Motability can help
you, talk to our
Specialist today

 **Motability**

HARLOW 01279 420600
67-68 HARVEY CENTRE, CM20 1XP

WELWYN GARDEN CITY 01707 247200
3 MUNDELLS COURT, AL7 1EN

BASILDON 01268 520233
45/49 MARKET SQUARE, SS14 1DE

SOUTHEND-ON-SEA 01702 417088
THE VICTORIA SHOPPING CENTRE, SS2 5SP



Checkatrade.com
Where reputation matters

THE LATEST BEAUTY TREND...

Slugging

Beauty trends emerge so quickly these days, it's hard to keep up. And if you're not on social media, you're likely to miss out on a lot of crazes that are taking the world by storm. One of the latest being... slugging. The last time 'slug' was used in relation to beauty, it was to describe some badly styled eyebrows. Today, it seems that slugging could be the answer to your skincare prayers. So what exactly is slugging and should you be doing it?

SLUGGING EXPLAINED: Slugging is the process of coating your face in a petroleum-based product. It's a Korean skincare trend that's now found a global following, and it's easy to try at home.

SHOULD YOU GIVE SLUGGING A TRY? Slugging is designed to tackle dry skin and is often recommended by dermatologists to treat eczema. You may be familiar with the process already if you've coated your feet in a petroleum-based product to soften them. The same kind of technique can be used to hydrate your face.

IS SLUGGING FOR EVERYONE? If you suffer from dry or sensitive skin, it could be just what you need to soothe irritation. However, for those with oily or acne-prone skin, it could increase the chances of breakouts as it seals the oil within the skin. Using a moisturiser designed for your skin type, such as an oil-free product, could be a better way to boost your hydration.

HOW TO DO SLUGGING RIGHT: Slugging is very easy to do, and could form a part of your nightly skincare routine.

1. Ensure skin is thoroughly cleansed.
2. Apply a hydrating serum or moisturiser to form a smooth base.
3. Apply a thin layer of petroleum-based product to your face. Keep the layer very light – less is more here.
4. Consider protecting your pillows at night – use a towel as a barrier between your skin and the pillow, or choose pillowcases that are easily washable.
5. Wake up in the morning with plumped, hydrated skin and carry out your daytime skin routine as normal.

Who knew that something like slugging could lead to something so beautiful? Give slugging a try and see if this trend can boost your skin.



DO YOU HAVE A HEALTHY

vagal tone?

Would you consider yourself a resilient person? Someone who can control their emotions? If not, it could be because your vagus nerve is not being stimulated sufficiently.

WHAT IS YOUR VAGUS NERVE?

The vagus nerve is one of the cranial nerves that connects your brain with your body. Without it, your body would not be able to carry out basic tasks such as digesting your food or speaking. Often referred to as the body's superpower, the vagus nerve is used to counteract your fight/flight system.

WHY IS YOUR VAGUS NERVE SO IMPORTANT TO YOUR OVERALL WELLBEING?

The vagus nerve is complex as it provides sensory, motor, special sensory and parasympathetic (the calming part of the nervous system) feedback to the brain.

In terms of the impact of the vagus nerve on your wellbeing, it can be used to:

1. Prevent and reduce inflammation.
2. Slow down your heart rate in times of stress.
3. Regulate the connection between your gut and your brain.
4. Strengthen your memory.
5. Keep you calm in stressful situations.

Furthermore, by stimulating the vagus nerve, you can help to treat obesity, heart disease, mood disorders, migraines, tinnitus, poor circulation and leaky gut.

WHAT CAN DYSFUNCTION OF THE VAGUS NERVE CAUSE?

If you do not have a healthy vagal tone, you are more susceptible to the following health issues:

Gastrointestinal diseases | Fainting | Anxiety and other mood disorders | Chronic inflammation | Seizures | B12 deficiency | Obesity

HOW TO SUPPORT AND STIMULATE VAGUS NERVE FUNCTION

- > Take probiotics and prebiotics to encourage healthy gut bacteria
- > Practise deep-breathing exercises to stimulate the vagus nerve
- > Gargle, sing or chant to stimulate the vagus nerve
- > Undergo craniosacral therapy, which helps to rewire the nervous system
- > Practise mindfulness and meditation
- > Splash cold water on your face or place ice cubes against your skin.



Orthopaedic services

Nuffield Health Brentwood Hospital

We provide a range of services locally for patients who require orthopaedic surgery. We are passionate about health and the care we provide and are here to reassure and help you, throughout your journey.

Treatments include:

- ♦ Hip and knee surgery
- ♦ Hand, wrist, elbow or shoulder injury
- ♦ Back and spinal or sport injury
- ♦ Foot and ankle surgery and joint injections.



For more information call **01702 898036**
or visit nuffieldhealth.com/hospitals/brentwood

INDIGESTION *be gone!*

SEVEN NATURAL WAYS TO
BEAT INDIGESTION OVER
THE CHRISTMAS PERIOD



While the festive season is the perfect time to overindulge, you may soon regret that extra mince pie or glass of champagne when indigestion comes knocking at your door.

PEPPERMINT TEA

Known for relieving stomach problems, peppermint tea is a great natural remedy for indigestion as it has an antispasmodic effect on the body. However, if your indigestion is caused by acid reflux, avoid this treatment as it can worsen your symptoms.

GINGER

A commonly used natural remedy for morning sickness, ginger in the form of tea, ginger ale or a boiled sweet can help to soothe indigestion. Alternatively, boil 1-2 pieces of ginger root in 4 cups of water and flavour with honey or lemon before drinking.

APPLE CIDER VINEGAR

Indigestion is sometimes triggered by not enough stomach acid, which is why apple cider vinegar is such an effective cure for this common ailment. Add 1-2 tsp of raw, unpasteurised apple cider

vinegar to a cup of water and drink for instant relief.

FENNEL SEED

Another antispasmodic herb, fennel seed can help to combat indigestion and to soothe other stomach ailments such as cramping, nausea and bloating. Drink fennel tea after a heavy meal or chew on a few fennel seeds.

BAKING SODA

Baking soda can quickly help to neutralise stomach acid, which in turn will relieve indigestion and gas after eating. To make this remedy, add ½ tsp baking soda to 4oz of warm water and drink.

LEMON WATER

Lemon water has an alkaline effect on the stomach, which can improve digestion. Simply mix 1tbsp of lemon juice in a cup of hot or warm water and drink a few minutes before eating.

WARM BATH OR HOT WATER BOTTLE

Heat can help to relax tense muscles and ease the symptoms of indigestion. Either take a warm bath or apply a hot water bottle to your stomach.

Ways to recycle your REAL CHRISTMAS TREE

An estimated eight million Christmas trees are bought every year, yet sadly, once the festive season is over, most end up in landfill. Not only does their disposal cost the taxpayer £100 per 40 trees, but each tree generates around 16kg of carbon dioxide. Here are six ways to recycle your tree – better for the planet and your pocket.

TURN YOUR TREE INTO MULCH: Use a shredder to turn your Christmas tree's branches into mulch and place around the base of your garden trees and shrubs to help prevent soil erosion and treat compaction. Make sure you wear safety glasses and gloves.

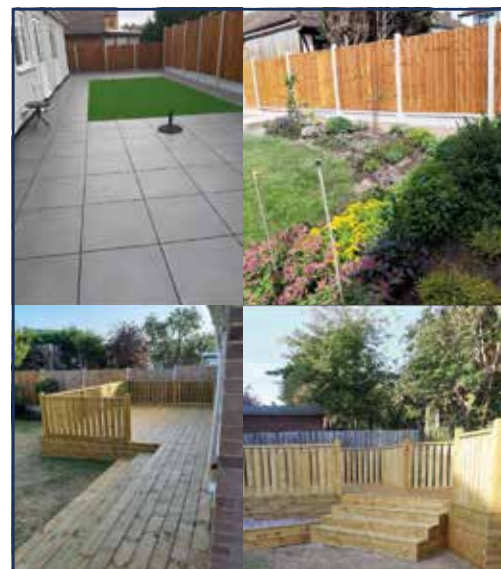
USE AS AN ANIMAL HABITAT: Help the wildlife in your garden over winter by providing them with shelter using your Christmas tree. Simply place in an unexposed corner of your garden and secure it so that it doesn't blow over. Alternatively, you could cut the tree up and create a hotel for insects.

REPLANT YOUR TREE: Not many people know that you can replant a Christmas tree, but you can, even if the roots have been chopped off. Place your tree in a pot of soil and leave to become established.

CREATE EDGING AROUND YOUR GARDEN: If you are looking to landscape your garden, why not cut the trunk of your tree into small circles and use them to create an edge around the perimeter? Alternatively, you could varnish these circles and use as coasters.

MAKE A BIRD FEEDER: Create your own superior bird feeder by placing your old tree in a heavy pot and decorating the branches with bird-friendly, edible decorations such as pine cones covered in peanut butter and bird seed, or half a scooped-out orange filled with nuts.

DONATE YOUR TREE: If you don't want to do anything with your old tree yourself, the next best thing is to donate it to your local garden centre, who will use it for chippings. Some local councils also offer Christmas tree recycling schemes.



MARTIN 'HANDY' HOLMES

ALL INTERIOR & EXTERIOR WORK

Fencing ■ Patios ■ Paving
Pergolas and Planters
Artificial Grass
Decking & General Jobs

**ANY JOB TAKEN ON,
BIG OR SMALL**

**CALL MARTIN ON
01702 898 031 ■ 07796 008198**

Visit us on martinhandyholmes

ALL TREE WORK UNDERTAKEN



- FAMILY RUN BUSINESS
- OVER 35 YEARS EXPERIENCE
- PRUNING ○ THINNING ○ REDUCTIONS
- FELLING AND REMOVAL ○ DEAD WOOD REMOVAL
- SITE CLEARANCE ○ HEDGE MAINTENANCE
- FIREWOOD SALES ○ FULLY INSURED

ESSEX TOP RATED TREE SURGERY COMPANY 2017/2018 ON

★★★★★ **Checkatrade.com**
Where reputation matters



**CALL TODAY
FOR YOUR
NO OBLIGATION
QUOTE WITH NO
HIDDEN EXTRAS**

01277 551170 / 0208 787 5755
 www.essex-tree-care-ltd.co.uk

City & Guilds
NPTC
Qualified workforce

BRITAIN'S GREATEST SPORTING MOMENTS...

HEAVYWEIGHT CHAMPION

of the world: Frank Bruno

FRANK BRUNO CELEBRATED HIS 60TH BIRTHDAY IN NOVEMBER, SO WE'RE LOOKING BACK TO 1995 AND THE BIGGEST FIGHT OF HIS CAREER

In many ways, Frank Bruno seemed too much of a gentle giant to ever be a serious contender for Heavyweight Champion of the World. Certainly, that was the way the experienced fighter was portrayed in the press – he was the pantomime king with a big laugh and a kind heart.

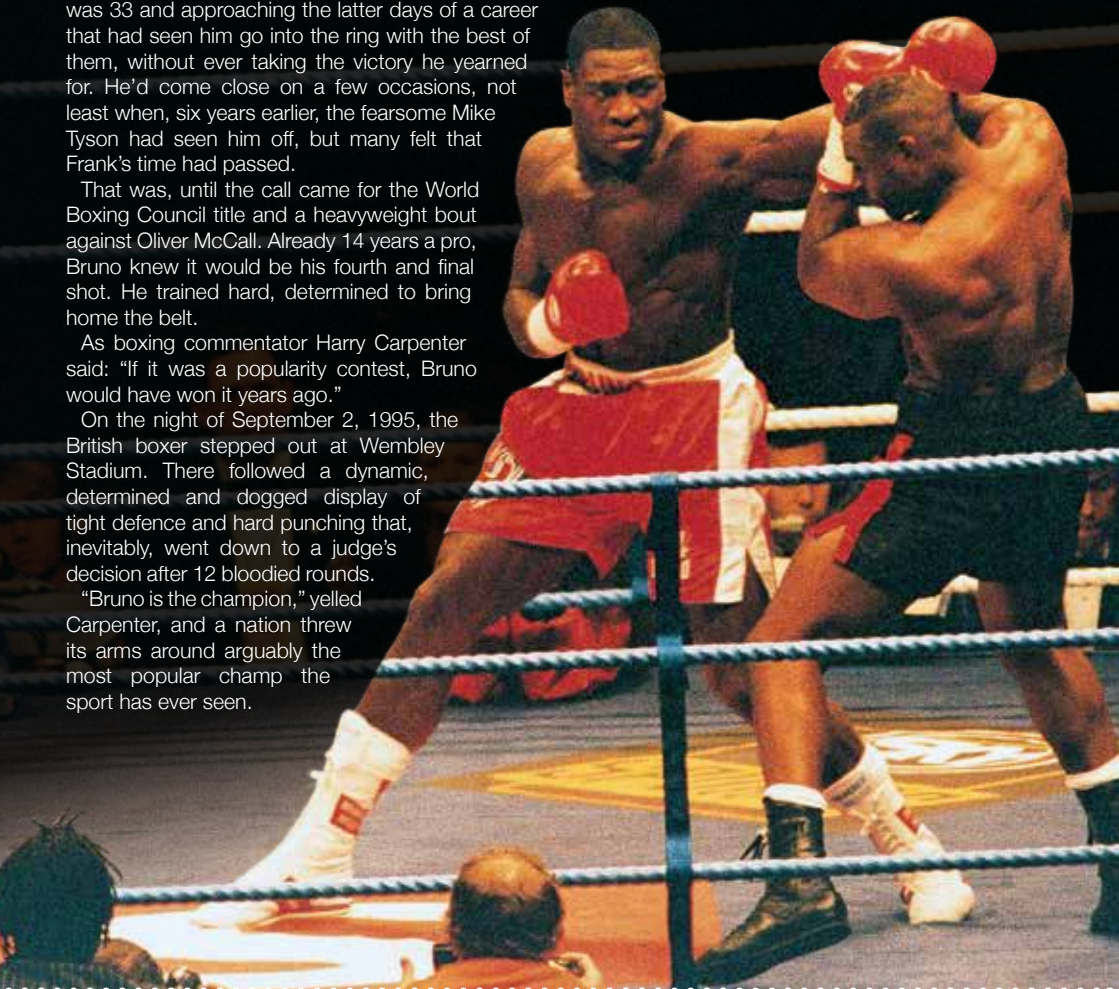
By the time September 1995 came around, Bruno was 33 and approaching the latter days of a career that had seen him go into the ring with the best of them, without ever taking the victory he yearned for. He'd come close on a few occasions, not least when, six years earlier, the fearsome Mike Tyson had seen him off, but many felt that Frank's time had passed.

That was, until the call came for the World Boxing Council title and a heavyweight bout against Oliver McCall. Already 14 years a pro, Bruno knew it would be his fourth and final shot. He trained hard, determined to bring home the belt.

As boxing commentator Harry Carpenter said: "If it was a popularity contest, Bruno would have won it years ago."

On the night of September 2, 1995, the British boxer stepped out at Wembley Stadium. There followed a dynamic, determined and dogged display of tight defence and hard punching that, inevitably, went down to a judge's decision after 12 bloodied rounds.

"Bruno is the champion," yelled Carpenter, and a nation threw its arms around arguably the most popular champ the sport has ever seen.



Nicola Adams: HEAR HER ROAR

In her riveting new documentary, *Lioness: The Nicola Adams Story*, it's revealed that the boxing champion was both a fighter and a survivor long before she ever stepped foot in the ring.

The 2012 Summer Olympics were remarkable in so many ways for the UK, as host city London became the global epicentre for sporting greatness. Medals were won, young athletes were discovered and legends were forged in the eternal flames of the Olympic torch. But of all the many moments of glory, 29-year-old Leeds native, Nicola Adams, becoming the first female boxer ever to win a gold medal is surely one of the most memorable.

Since her triumphant debut as an Olympian almost a decade ago, the charismatic firebrand has cemented her status as a national treasure. After winning a second gold at the Rio 2016 games, Adams turned professional, where she held the World Boxing Organisation female flyweight title two years in a row and retired undefeated.

Then, in 2020, the LGBT icon made history once

more by starring on the 18th series of *Strictly Come Dancing* as part of the show's first same-sex couple, alongside professional Katya Jones. Sadly, Adams's dancing dreams were cut short when she tested positive for COVID-19.

Yet despite her acclaim, very little has been known about Adams's journey before that momentous day in 2012, until now...

Named after Nicola's nickname in the ring, 'Lioness', the Amazon Prime Video documentary – which is available to watch now – not only features exclusive early footage of her career, but also paints a tragic portrait of her childhood, including a violent father and her mother's struggle as a single parent.

It becomes evident that the boxing ring was a refuge for the young athlete, and though she may have faced many challenges since – misogyny, racism and homophobia all feature in her quest for greatness – it was there in that Leeds boxing club where Nicola Adams found her true self, and several years on, became an inspiration to others.

Photo credit: Tom Oldham/Shutterstock

THE VISION LISTINGS

ARTIFICIAL GRASS

DICKINSON MOORE LTD

Massive Sale, Massive Stock. Tel: 01268 680762 | Email: carvey@dickinson-moore.com | www.artificial-grass.shop | Unit M, Kings Haven, Kings Road, Charfleet Ind. Estate, SS8 0QW

BEDROOMS

DESIGNER BEDROOMS LTD

Traditional Fitted Wardrobes, Home office/ studies, Sliding Doors, Loft Rooms. Call 01268 571799. 7 Robert Way, Wickford, SS11 8DD

CLEANER

MOLLY MAID

Domestic cleaning experts, trained staff, 100% guaranteed, fully insured, regular/occasional cleans, materials supplied. 01268 442023 | Margaret.king@mollymaid.co.uk

TIME FOR YOU SOUTHEND

One off cleans now available. Ask for details. 01702 521120 | 01268 947122 | southend@timeforyou.cleaning | www.timeforyou.cleaning

DAMP SERVICES

BENHAM PRESERVATION

Quality damp services for domestic, historic & commercial properties. Damp proofing, rising damp, condensation, woodworm, dry/wet rot. Contact us today 01702 511141

FIREPLACE

SECURE FIREPLACE

The Log burners & gas stoves specialists. Contact us on 01702 910130 | www.securefireplace.co.uk

FLOORING

CARPETS DIRECT

Carpets, vinyls, laminates, wood flooring. Free fitting, free home visits, 80% wool twist pile specialists. Call us on 01702 898029

FURNITURE

HIGHGATE GARDEN FURNITURE

Highgate is one of the largest garden furniture & leisure showrooms in Essex. Contact us on 01702 904000 | sales@highgatefurniture.co.uk | www.highgatefurniture.co.uk

GARAGE DOORS

GAROLLA ROLLER SHUTTER DOORS

Thermally insulated electric garage doors, Great for space saving, Kerb appeal & easy to use, No deposit, Pay on completion, 18 Colours available. Call today 01702 910173

GARDENING

MPS HOME & GARDEN SERVICES

Garden Maintenance, Patios, Decking, Fencing. Painting & Decorating. Kitchen & Bedroom Installations. Martin Smith 01268 955057

GREEN THUMB

Help your lawn to thrive, not just survive. Start your lawn care journey today: Call 01702 898037 | Email: southendnorth@greenthumb.co.uk | Visit: www.greenthumb.co.uk/branch

HAIRDRESSING

ZEN HAIRDRESSING

Zen welcomes James. Specialising in ladies cuts and colour. Gents and children welcome. Appointments not always needed. 01702 715931 | jamesroundhair@gmail.com

HANDYMAN

MARTIN 'HANDY' HOLMES

Interior/exterior work, patios/driveways, decking, tree work, garden clearance, fencing, carpentry, interior/exterior painting, all aspects of building/gardening work. 01702 898031

HEALTH & WELLBEING

NUFFIELD HEALTH BRENTWOOD HOSPITAL

Come and join us at our free hospital events please check our page in the Health section of this edition for more information. Spaces are limited call us on 01702 898036

JOIN THE LISTINGS... for just **£180** +VAT per yr

JEWELLERY & PAWNBROKERS

STUARTS

Top class gold & silver, jewellery, clocks/watches, bought & sold. Bespoke, made to order. Engraving, repairs, re-stringing. 78 Broadway, Leigh-on-Sea, SS9 1AE | 01702 714447

KITCHENS

DREAM DOORS SOUTHEND

The UKs Number 1 kitchen makeover specialists. Est. 1999 Visit our showroom at 1741 London Road, Leigh-on-Sea, SS9 2SW or call us 07894 714810

OVEN CLEANER

OVENGLEAMERS

Ovens, ranges, AGAs, hobs, extractors, microwaves, BBQs. Book now for the most hygienic oven cleaning system. Call today 01702 680828

PAINTING & DECORATING

LEE JOHNSON

All aspects of professional high quality work undertaken. Interior & exterior. Impeccable standards from over 20 years experience. 07736 120857

PLUMBING & HEATING

HAMMOND & SONS

Family run for 20+ yrs. Boilers serviced/repaired, condensing boiler, warm-air units, all work undertaken inc leaks, upgrades, installs, no call out charges, OAPS discounts. 01702 580577

ROOFING

JIM BARR ROOFING

Exterior Cleaning & Maintenance. Gutters, Paving & UPVC. Cleaned, Repaired & Renewed. 01708 874816 | 07833 572459

SPRAYING & POWDER COATING

WS SPRAY FINISHINGS

All aspects of wet spraying & powder coating for domestic & industrial markets. 01268 812414 | 07434 704673

TRAVEL

WILLO EXECUTIVE TRAVEL

Private Hire, 9 seater Mercedes, airports, theatres, 02 arena, corporate hire, fully licensed/insured/DBS/PATS/First Aid/Qualified. willoexecutivetravel@yahoo.com | 07493 335154

TUTOR

JJS TUITION

Specialist English, Maths & Science Tuition. Primary, GCSE & A-Level. For a FREE trial lesson please call 07932 503644 - Online Lessons Also Available

JOIN THE LISTINGS... for just **£15** +VAT per month

WANT TO APPEAR IN NEXT MONTH'S VISION LISTINGS?

SIMPLY FILL OUT THE FORM BELOW AND RETURN IT TO BOOK YOUR SPACE:

Company name:

Description (180 characters max including spaces):.....

.....

.....

Telephone:..... Email:.....

Payment option: ☐ Card   ☐ Direct Debit

Please return to:

Lifestyle Magazine Group Ltd, 55 Crown Street, Brentwood, Essex, CM14 4BD or email los@visionmag.co.uk

*£180 +VAT for a 12 months plus agreement. Payments can be made monthly or upfront

DISCLAIMER: VISION does not represent or endorse the accuracy or reliability of any of the advertisements, nor the quality of any products, information or other materials displayed, purchased or obtained by any customer as a result of an advertisement or any other information or offer in connection with the service or products. The opinions expressed in articles, reviews and stories are strictly those of the individual authors and do not necessarily reflect the views of **VISION**.

PUT YOUR BUSINESS IN THE **VISION** LISTINGS...CALL **01702 898026** TODAY

ACROSS: 1. ITCH, 3. GATHERED, 9. RATIONS, 10. NOTES, 11. PAP, 12. LEAVE, 13. LADLE, 15. OVALS, 17. SCARP, 18. SIC, 19. BISON, 20. EASE OFF, 21. EXTERIOR, 22. FEEL DOWN: 1. IRREPRESSIBLE, 2. CUT UP, 4. ABSURD, 5. HOMELESSNESS, 6. RETRACT, 7. DISRESPECTFUL, 8. BOTTLE OPENER, 14. HEADSET, 16. ALBEDO, 18. STOVE



Helping you get better, faster

The UK's largest network of private hospitals



BMI

**Southend Private
Hospital**



01702 608908
15-17 Fairfax Drive,
Westcliff-on-Sea, SS0 9AG
www.bmihealthcare.co.uk



Services

Cataract Surgery
Laser Cataract Surgery
Refractive Eye Surgery
Age-Related Eye Diseases
Cosmetic Eyelid Surgery
Carpal Tunnel Release
Hand Surgery
Skin Cancers